

FOR IMMEDIATE RELEASE

March 7, 2014

**The National MS Society is lacing up for cure at Walk MS 2014
Be Inspired. Get Connected. Walk MS.**

PHILADELPHIA – The National Multiple Sclerosis Society is currently assembling its army of fundraisers and volunteers as it gets ready for its best Walk MS campaign ever. Each spring, the local MS community mobilizes at Walk MS to raise funds and awareness so we can move closer to a world free of MS.

There are various ways to become involved in the movement against MS. Whether you register as a walker at the iconic Philadelphia Art Museum site, or as a volunteer at the Velodrome, the brand new host of Walk MS Lehigh Valley, you are making a difference in the life of someone living with MS.

Walk MS 2014 participants have the opportunity to choose from 14 different walk sites across the Greater Delaware Valley. And, as a truly family friendly event, Walk MS 2014 has something for everyone.

"Walk MS serves as our platform to rally together local people in our community and to raise funds for those living with MS," said Tami Caesar, president of the Greater Delaware Valley Chapter of the National MS Society. Walk MS, which has a total fundraising goal of \$2 million in 2014, has raised over \$770 million dollars to fund research, education, support, advocacy and services for families living with MS since the first event was held in 1988.

Walk MS 2014 will be held on Sunday April 27, Saturday May 3, and Sunday May 4 at 14 different locations throughout our region. Sites vary in walk lengths and scenic routes, and all of our Walk MS routes are 100% handicap accessible so no matter your physical ability, you too can participate in the celebration of thousands joining together to fight MS.

Walk MS participants are welcome to register as an individual walker or collectively as a team. There is no fee to participate in Walk MS; however, fundraising is essential for the event to be a success. The average Walk MS participant raises upwards of \$250 but any donation makes a difference (walkers who raise \$125 or more receive the official Walk MS 2014 T-shirt.)

Join the movement, and register for Walk MS 2014. To register, please visit www.walk4MS.org. A complete list of sites and dates can be found below.

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Note: All walk dates are rain or shine

Sunday, April 27

Devon Horse Show & Country Fair
East Goshen Township Park
Elmwood Park Zoo
Lenape Park
Ridley Creek State Park
Lehigh Valley - Valley Preferred Cycling Center
North Penn High School

Saturday, May 3

Philadelphia Museum of Art

Sunday, May 4

Gring's Mill Recreation Area
Medford Lakes
Ocean City Boardwalk
Pocono Raceway
Tyler State Park
Washington Lake Park

About MS

Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis.

About The National MS Society and their Annual Walk MS

MS stops people from moving. The National MS Society exists to make sure it doesn't. The National MS Society is a non-profit organization in which through its network of 50 nationwide chapter offices offer support to those affected by MS. The society also provides programs and services that help people diagnosed with MS as well as their families move their lives forward. The MS Society began its Walk MS event in 1988. To date, Walk MS has been able to raise \$770 million dollars for research and to help support the more than 2.3 million people living with MS. Annually, the walk attracts more than 250,000 participants and volunteers from more than 700 cities across America. Join the movement at nationalMSSociety.org or by calling 1-800-FIGHT-MS.

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